notes

EPISODE 1: WHAT IS HYGIENE?

Exploring some definitions of “hygiene” in the dictionary and in library books:

Hygiene can be described as...

- the degree to which people keep themselves or their environment clean, especially to prevent disease
- the practice or principles of keeping yourself and your environment clean in order to maintain health and prevent disease
- care and attention that is given to keeping yourself and your environment clean, especially to prevent disease

Hygiene is about keeping our bodies and our homes clean. If you keep your body clean, you can help fight off germs.

There are different kinds of germs. Bacteria are tiny living things that live all around us. Some bacteria can make you ill. Viruses are the tiniest germs. They can infect the cells in the body and cause disease.

- **Wash face before bed and after waking up in the morning**
- **Use water and soap**

- **Brush teeth twice a day to keep them clean**